

**West Hartford Substance Abuse Prevention Commission (SAPC)**  
**Meeting Minutes**  
**January 14, 2016**

**Attendees:** Jeff Bersin, Joanna Curry-Sartori, Joe Kalache, Helen Dronan, Cyndi Brown, Dave Pauluk, John Mancini

**Welcome / Introductions / Approve Minutes / Early Departures / Announcements / Refreshments**

Approval of December 2015 minutes. Minutes approved by voice.

**Announcements:**

Jeff

- NIDA- Monitoring the future survey--- done with 8, 10<sup>th</sup> and 12<sup>th</sup> grade since 1991. See results.

Helen

- Reported on studies showing increase in HIV under 30 nationwide- largely non urban issue. Contracted from needles.
- CASAC sponsoring Narcan training at Brown U, Jan 23 re opiate issues.

**General Discussion**

Jeff and Joanna

- COC event re Internet Safety was presented at Hall High School the previous night with 36 parents in attendance. Presenter was Michael Shelby, an expert in Internet Security. Response from parents was very positive with lots of great conversation. Hall Principal was also very enthusiastic about event. Overall fruitful and important discussion.

John Mancini

- Internet porn is being called “the new drug”.
- See website for “Fight the New Drug” ([fightthenewdrug.org](http://fightthenewdrug.org))
- They do school presentations. We should consider having them come out.
- Many kids are getting access to and addicted to porn at young age and then don’t experience normal response to in person relationships.

John and Jeff

- Explained how WH SAPC is connected to CASAC. There are 16 local prevention councils (LPCs) that partner with CASAC (Capital Area Substance Abuse Council).
- CASAC is a Regional Action Council (RAC) established by the CT State Legislature in 1990 and funded by the CT Department of Mental Health and Addiction Services (DMHAS),

Substance Abuse and Mental Health Services Administration (SAMHSA) and private donations.

- The amount of money awarded to each council is based on population. West Hartford is in the second largest tier and receives \$7,116 per year for support of SAPC projects.

Joanna

- Presented dates for SAPC 2016 meetings (see final version attached).
- Discussed spending next few meetings hearing “what is” the current state of West Hartford’s substance abuse issues. In April and May we can focus on creating a plan for what we want to do next year and what we recommend to town council.
- Next meeting reps from WHPS will come to discuss programs in place for SAP and also discuss what can be addressed together with SAPC.
- Helen will make contact at police department (Joanna reported leaving 4 messages that were not returned).
- In addition to these reps, we discussed other reps we’d like to hear from including: DART team, an ER doc or nurse that supports WH, senior center, Joan Biagioni, CCMC doctor, STRIVE- Cheryl Kassow, school social workers.
- Questions for meetings with town representatives will focus on the following questions.
  - What “is” happening? What are you seeing? What curriculums are in place? What is your current response/ intervention?
  - What is working on this front?
  - What is needed? Your vision of what could/should be? What recommendations can you give us?

Joanna-

- Presentation on student stress, self-regulation and benefits of mindfulness – see attached PowerPoint presentation.

### **New Business**

There was no new business.

### **Adjourn**

The meeting adjourned at 6:30 PM.

Respectfully submitted,

Joanna Curry-Sartori

January 20, 2016

